# Twitter Thread by Nate Stone - Testosterone & Male Health Optimizer

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## 7 Tips for successful fat Loss

## Go from CHUNKY to CHAD



Before we look at how you drop body fat.

Let's look at what body fat % you ideally want to be.

For optimal male health you want to be approximately 15% - 10% body fat

When outside of this body fat % range things like testosterone, energy, metabolism & cognitive health suffer.

At the 10% - 15% body fat range you are at you see multiple other benefits including

Higher energy
Lower estrogen

Lower cancer risk
Higher vit D levels
Higher confidence
Better heart health
Higher testosterone
Lower dementia risk
Lower depression risk
Stronger Immune system

1. Eat high protein

Enough protein in your diet is vital for sustainable fat loss

Protein is highly filling
Protein has a high thermic effect
Protein is the building block of muscle (more muscle = more calories burned)

I suggest about 1 gram of protein per lbs of body weight

2. Regular resistance training

Muscle burns a lot of calories & the more muscle mass you carry the more fat you will burn

If you are losing weight without doing resistance training you will just end up skinny fat

So make sure you are resistance training at least 3 days a week

3. Walk daily

Low physical impact
Low appetite stimulation
Helps increase testosterone
Low stress/ cortisol response
Time in nature lowers cortisol
Vitamin D exposure (if outside)
Low psychological/ mental impact

Walking is a highly sustainable calorie & fat burner

4. Have a smaller eating window

When are you most hungry?

Have most of your calories in that time period

Then the rest a couple of hours later & then stop till tomorrow

This makes it easier for you to cut down on things like snacking & maintaining a calorie deficit

5. Drink lots of water

When you start drinking more water, you realize that most of the time you thought you were hungry you were likely just dehydrated

Make sure you have a glass of water with every meal

Aim for 3 - 4 litres of water per day & watch your hunger disappear

6. Eat whole foods

It’s simple but the hungrier you are, the harder you will find it to lose fat

To keep hunger minimal you want to be eating whole foods.

They are low in calories, very filling & high in nutrients which aids long term fat loss

Think

Veg
Fish
Fruit
Meat
Dairy

7. Throw junk food out your house

If you don’t keep junk food in the house you can’t be tempted to eat it.

Removing the temptation from your house will make fat loss 100x easier

8. Quality Sleep

For success losing body fat, consistently getting quality sleep is vital

You want for 7 – 8 hours per night, when you get under this you have worse

Testosterone
Hunger levels
Cortisol levels
Calories burned
Food choices the next day

Slowing fat loss progress

9. Accountability Model

This can be done in a number of different ways

You can use your partner, roommates, an online community or coach

Share your fitness goals with someone & why achieving them is so important to you

Accountability brings long term success

Hire a coach

This will always be the fastest & most effective way for you to safely lose fat

Get a coach who can provide you a complete plan, support you through it & will hold you accountable throughout

Plus when you financially invested you are way more likely to succeed

P.S. I have 5 slots for men to join the Carved From Stone System

If you're a high-performing man who wants to improve

Focus
Mood
Energy
Fat loss
Muscle gain
Sexual health

The CFS system is for you

DM me "STONE" to learn more ■

(This is not free)

https://t.co/7RASO2SaG9